Volume 10, Number 5 March 11-24, 1995

UCSF Newsbreak

Explosion at Medical Sciences Building injures one

A professor was injured March 9 after a chemical explosion blew out several windows on the 10th floor of the Medical Sciences Building.

The explosion was reported at 12:58 p.m.

Martin D. Shetlar, a pharmaceutical chemistry professor, suffered from burns on his face, as well as cuts on his hands from shards

(See **EXPLOSION** *on page 6)*

Private investigators end "stake out"

UCSF library has tobacco firm's documents under lock and key

By ALLEN J. BALDERSON

Copies of controversial documents suggesting that a tobacco company tried to suppress information about the health risks of smoking 30 years ago now have been placed in a secure, locked vault in the UCSF library archives. This decision comes after Brown & Williamson — this country's third largest tobacco company — ordered a "stake out" of the library in order to intimidate people from studying these documents the company claims were stolen from it.

It all began last May, when anti-smoking activist Stanton Glantz, professor of medicine, received a package from an anonymous source containing 4,000 pages of Brown & Williamson documents. The documents suggest that the company knew more than three decades ago that nicotine was addictive and had associated health risks, but worked to bury the information. Brown & Williamson believes a former employee of their law firm sent the copied documents to Glantz.

Glantz turned the materials over to the library's archives because he felt they have legitimate scientific and educational merit, with the additional intent to make them part of an already existing Tobacco Control Collection. After the documents reached the library, several people asked to review them, including an employee of the Food and Drug Administration, an attorney, members of the public and campus scholars. Some made photocopies of the documents.

In early February, UCSF learned that representatives from the law firm of Latham & Watkins also reviewed the documents. They turned out to be attorneys for Brown & Williamson who demanded in court that not only should the copies of the documents be returned, but that the University provide the names of any scholars studying them.

Brown & Williamson lawyers say they want the documents returned to prevent further copies from being disseminated. UC lawyers contend that B&W has known for nine months that the New York Times, the Wall Street Journal, National Public Radio, and many other news organizations, as well as tobacco control advocates, already have copies of the documents and that the company took no measures to prevent further dissemination.

In terms of releasing the names of the scholars, UC lawyers refused, saying, "The University is unwilling to allow B&W to invade the privacy of other scholars or to interfere in their academic research on the documents...." On Feb. 17, a San Francisco Superior Court judge declined the company's demands pending a broader hearing that will take place on March 17.

UCSF agreed, however, to place the documents in a "secure locked vault, safe or room where access is limited" to counsel representing each party.

Meanwhile, also in early February, UCSF filed a court document stating, "B&W apparently hired two or more private investigators to remain in the public areas outside the archive librarian's office to 'stake out' the library." The investigators left after campus officials threatened to have UCSF police remove them, only to return and "further harass and intimidate," according to library employees. At this writing, the investigators are no longer present in the library.

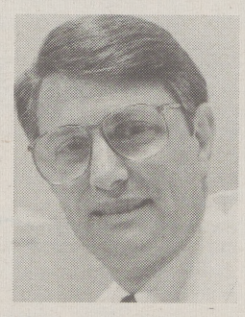
Radiation committee cautious about newly declassified memo

By ALLEN J. BALDERSON

In what can be seen as unfortunate timing, just one day after UCSF released an interim report that found inconclusive evidence on whether three UCSF patients who received plutonium injections in the 1940s were properly informed, a new, declassified memo appeared which suggests that some patients may not have been so advised.

The one-page memo, dated December 30, 1946, discusses a proposal by two UCSF physicians to use patients in an experiment tied to the government's atomic weapons program. "The committee was surprised at this document," says Roy Filly, professor of radiology, who chairs the Chancellor's Ad Hoc Fact-Finding Committee on World War II Era Human Radiation Experiments. "As chair of the committee, I am very unhappy that it was not provided to us immediately after it was located and declassified."

The memo was transmitted, but through a third party in association with other documents, which have yet to find their way to the committee, explains Filly. The committee has had little direct contact with President Clinton's commission, which was appointed to help shed light on the WWII experiments, according to Filly. "The commission has been transmitting information through a very helpful and reliable third party," says Filly. "I don't know why this snafu occurred. Now, however, the memo is in our possession and we will soon determine its significance."



Filly

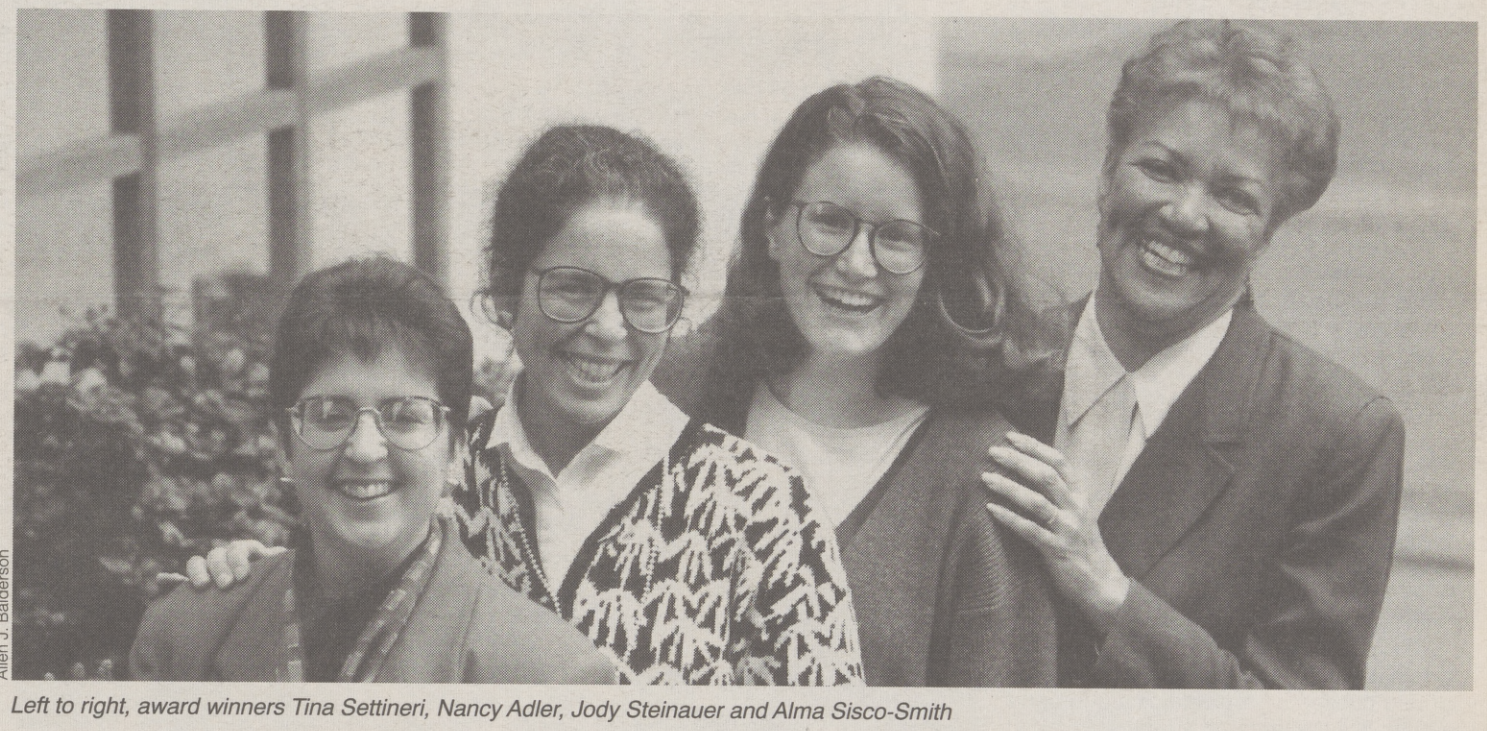
While admitting that statements in the memo are of considerable concern, Filly says it is equivalent to hearsay information where one person is relating to a third party a written interpretation of a conversation that occurred. "At this point, it's not even clear what the conversation was referring to," he says.

According to Filly, the 16-member committee has since met, and will continue to meet to reach a collective decision regarding the memo's significance. "This document obviously is important," says Filly. "But, we are approaching this in exactly the same way we have approached the entire project. The committee attempts to look at all information as

(See **RADIATION** *on page 2)*

Four win Chancellor's Award for the Advancement of Women

By ALLEN J. BALDERSON



Allen J. Balderson

Left to right, award winners Tina Settineri, Nancy Adler, Jody Steinauer and Alma Sisco-Smith

Many people believe in women's rights and their basic needs to make decisions about their own bodies. They also believe in women having a stronger presence in traditionally male-dominated fields such as medicine and science, as well as promoting a workplace free of sexual harassment. Some people, however, also are compelled to act on their beliefs to create change.

Four women at UCSF will be recognized this month for taking individual action, which has made, and continues to make, an impact on the lives of women. One faculty member, one staff employee and two students have captured this year's Chancellor's Award for the Advancement of Women. The winners are, respectively, Nancy Adler, Alma Sisco-Smith, and in a tie, Tina Settineri and Jody Steinauer.

♦ A professor of medical psychology, Nancy Adler is director of the Health Psychology Program and vice chair of the Department of Psychiatry. For the past 20 years, Adler's research has focused on women's reproductive health, including the psychological factors in wanted and unwanted pregnancy, responses of women following therapeutic abortion, as well as why women use or don't use contraceptives, the motivation for pregnancy and the role of psychological factors in pregnancy outcomes.

Recently elected to the National Academy of Science's Institute of Medicine, Adler is a fellow of the American Psychological Society and the American Psychological Association (APA). She received the APA's "superior service award" for her research on psychological factors in contraceptive use and unwanted pregnancy. She currently heads a planning initiative for the MacArthur Foundation on socioeconomic status and health and a chancellor's committee for developing a new center for social and behavioral sciences at UCSF.

"It's important that my research be translated into policy to improve women's health," Adler says. To that end, she has provided technical assistance to numerous federal agencies, including testifying before a US House of Representatives subcommittee on the psychological effects of abortion and in a California hearing on parental consent legislation.

An advisor and mentor to many female students, clinical fellows and junior faculty, Adler has been a member of the Chancellor's Advisory Committee on the Status of Women since 1987, and co-chaired a subcommittee which resulted in making several key recommendations on female students' needs.

♦ Alma Sisco-Smith two years ago was appointed UCSF's new coordinator of the Sexual Harassment Prevention and Resolution Program. As such she has developed education and training programs for faculty, staff and students on how to recognize sexual harassment and the best way to stop it. She has become a campus leader in recognizing the importance of confronting this issue, and through her work has helped change the

(See **WOMEN** *on page 2)*

Panel urges physicians to take action to stop handgun violence against kids

By ANDY EVANGELISTA

Twenty-three-year-old Omar Butler took a bullet to the head five years ago. He was one of eight victims of a shooting spree, the kind too often seen by police and emergency room workers. On Feb. 22, he was back at SFGH urging community and elected leaders, law enforcement officials and health care experts to step up the attack against handguns.

In a call for stiffer firearm penalties, Butler questioned why carrying a loaded gun is only a misdemeanor in California, while carrying brass knuckles and blackjacks — certainly less fatal weapons — can be punishable as felony crimes. Butler was part of a panel discussion which followed a statewide video conference examining strategies to reduce handgun violence against kids. Some 1,500 participated in the conference, including Health and Human Services Secretary Donna Shalala, Senator Barbara Boxer and California Attorney General Dan Lungren. At SFGH's Carr Auditorium, one of 16 sites in the state to host the telecast, more than 150, including Mayor Frank Jordan, attended the conference, sponsored by the California Wellness Foundation.

Speakers recited sobering statistics: 10 kids are killed every day in the US by handguns; a kid commits suicide every eight hours using a handgun; and in California more kids are killed by handguns than by car crashes, diseases or drugs. Yet, as speakers noted, toasters, trucks and toys are more regulated than handguns.

Conference speakers focused on four specific policy options: banning the sale of "Saturday Night Specials," inexpensive short-barreled handguns that are easy to obtain and

(See **GUNS** *on page 3)*

Gazette

Appointments

Sowell

Karen Sowell: Appointed director, administrative and financial services, University Development and Alumni Relations, and assistant vice president of the UCSF Foundation. She oversees administrative and financial services, which include personnel, budget, gift administration, donor records, asset management and information systems. Sowell has been an administrator at UC San Diego for 14 years, working as assistant director and chief operating officer of the UCSD Foundation and director of information and financial services.

Stewart

Doug Stewart: Appointed director, corporate and foundation relations, University Development and Alumni Relations, and assistant vice president, UCSF Foundation. He is responsible for fundraising for UCSF, targeting the business community, private foundations and the worldwide life sciences industry. Formerly director of development for the neurosciences at UCLA, Stewart also was head of development and external affairs for the California Academy of Mathematics and Science and directed corporate and foundations relations for Cal State Fullerton.

In Memoriam

Francis L. Chamberlain: Clinical professor emeritus, medicine, and former chief of cardiology. An internationally known heart specialist, he graduated from UC Berkeley in 1930 and from the UCSF School of Medicine in 1934. After receiving a doctorate in medical science from Columbia Presbyterian Hospital in New York and completing a residency at Massachusetts General Hospital, he returned to UCSF as chief of cardiology from 1939- 47. He also served as chief of cardiology and chief of staff at Ralph K. Davies Medical Center, where the Cardiovascular Care Center was named in his honor in 1975. He served as president of the San Francisco, California and American Heart Associations. He was 89. Memorial contributions may be made to the American Heart Assn., 7272 Greenville Ave., Dallas, TX, 72231.

Sigma Theta Tau honors three nurses

Allen J. Balderson

Brigid Ide, center, and Jill Howie, right, of nursing education in the Medical Center and Barbara Drew, left, of physiological nursing received the Sigma Theta Tau Utilization of Research in Nursing Practice Award at a ceremony in Albuquerque, New Mexico, on February 10. They received the award for a study they conducted, which involved teaching nurses in the Medical Center research findings from Drew's work on the placement of cardiac monitoring leads. Their strategy improved cardiac monitoring in the Medical Center and now is being used by nurses all around the country.

Radiation *(from page 1)*

dispassionately as possible. The patients involved in this, as well as the physicians, deserve fair treatment."

Any conclusion the committee reaches should be based on as rock-solid evidence as possible, says Filly. "I'm not saying we're not prepared to draw conclusions, but we are judging people 50 years after the event. These are physicians who were held in high esteem by the scientific community. We want to be extraordinarily cautious in our approach."

Filly emphasizes that this new memo does not undermine the work of the committee. "Our report was an exhaustive look at all the data available at that time," he says.

UCSF's interim report (see Newsbreak, issue 10:4) stated, among other things, that indirect evidence supported the hypothesis that the final three patients were part of University-sponsored medical research directed at finding a new treatment for bone cancer and not part of a federal project to determine safe levels of exposure for workers constructing nuclear weapons.

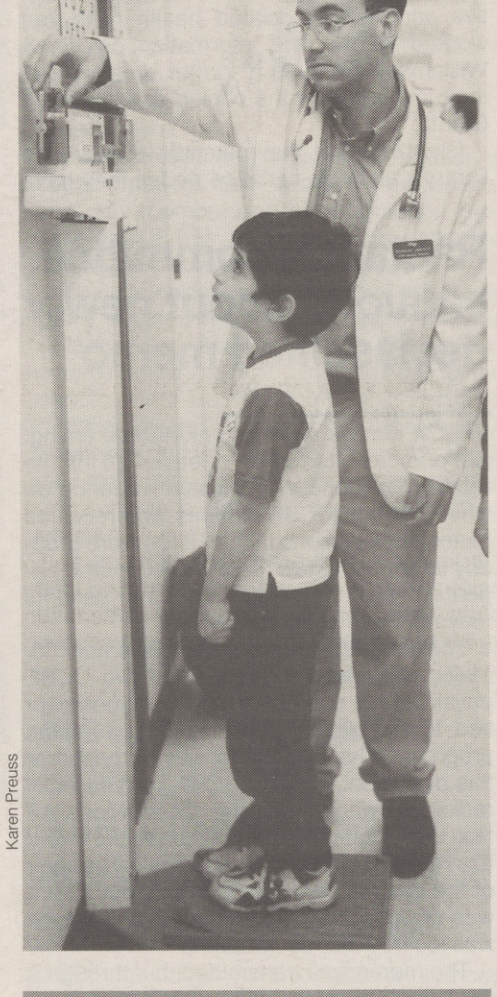
"The committee will work in a timely fashion to reach a conclusion on the new information," says Filly. "We probably will issue an addendum to our other report. Information of informed consent is a pivotal issue to consider, but it is not the only one."

UCSF helps to build healthy communities at SF fairs

Saturday, February 25, was a real "health in the community" day for UCSF. Melissa Welch, assistant clinical professor, medicine, joined California Assembly Speaker Willie Brown at the Ella Hill Hutch Community Center to speak on health issues concerning the African-American community. The health fair also featured free foot screenings, blood pressure checks, as well as information on cancer, sickle cell, TB and cardiovascular disease.

That same day, the Chicanos and Latinos in Health Education at UCSF co-sponsored the Mission Neighborhood Health Fair at the Mission Health Center, where more free screening and information was available, including HIV testing, cholesterol screening and mammograms.

At the Mission Health Fair, right, first-year medical student Douglas Jimenez weighs Nathan John Raher; below, at the Hutch Center, nutrition education assistant Gwenndolyn White of UC Systemwide's Cooperative Extension, gives advice to Marie Allen, left, a member of the center, and Cynthia Selmar, director of the Department of Public Health's South East Health Center.



Karen Preuss

Women *(from page 1)*

climate at UCSF.

"I take this work very seriously," says Sisco-Smith. "That doesn't mean I can't joke anymore or compliment or touch someone in the workplace. Herein lies the challenge and the basis for bringing about change — information, education and dialogue. Diversity creates many filters through which we view issues, and that's important to recognize. But, we must reach a point where we can interact with respect for each other."

From 1990 to 1993, Sisco-Smith directed Student Academic Services, where she developed programs for multicultural students and assisted the campus in increasing diversity within the student body and faculty. From 1974 to 1984 while with the School of Medicine, she served as an advisor to the Department of Health and Human Services to develop and review national programs to increase underrepresented students, including women, in the health professions.

She served as co-chair of the Chancellor's ad hoc Committee for Review of Sexual Harassment Policy and Procedures in 1991, and in 1993 was vice chair of the Chancellor's Advisory Committee on the Status of Women, of which she still is a member.

♦ Tina Settineri is the backbone of local and national programs that supply women with a forum for networking and expressing concerns about women's issues in science. One such organization is Women in Life Sciences (WILS) at UCSF. Settineri is one of the founding members of the group, which is geared to women graduate students and postdoctoral fellows. Another organization is the San Francisco chapter of the Association for Women in Science (AWIS), of which she currently is president. Settineri was instrumental in promoting a successful mentoring program between AWIS and WILS that matches seasoned women scientists in the Bay Area with WILS members. Also through these two organizations, she has helped organize lectures and career seminars for women.

"In scientific fields where the number of women in senior positions is few compared to men," says Settineri, "it is important for women to find scientific mentors and establish a strong network early in their careers. WILS and AWIS provide a forum to initiate and foster these relationships."

On campus, Settineri has been an outspoken advocate of making science at UCSF more inclusive of women. She has been an active Graduate Students' Association member, and was instrumental in instituting a parental leave policy for graduate students.

Settineri recently received a PhD in Pharmaceutical Chemistry from UCSF, and now is an assistant research chemist in the department. She was a member of the Chancellor's Advisory Committee on the Status of Women for the past three years.

♦ A third-year medical student, Jody Steinauer has worked on numerous projects related to educating students, physicians and the general public about the reproductive health needs of women in this country. A strong advocate for women's rights, particularly abortion rights, she was a health educator at the Women's Health Information Center in England and the Women's Needs Center in San Francisco. She served as an intern at the National Abortion Federation (NAF) in 1993 and subsequently founded the national organization, Medical Students for Choice, for which she wrote an abortion action guide. "There is a diminishing number of abortion providers and a dearth of medical education about abortion. This creates a barrier to access for women in the US," says Steinauer.

Throughout her medical school career, she has persistently brought the topic of women's health into the forefront. This past year, Steinauer organized a class focusing on political aspects of women's health and education and panel discussions featuring abortion providers. She also has been active in curriculum reform in the medical school, trying to heighten awareness of the lack of courses on women's health issues. She co-organized the School of Medicine's Women's Retreat in 1993.

Steinauer, who just completed a research fellowship in the Department of Ob/Gyn and Reproductive Sciences, is a member of the Women Medical Students' Association.

Awards ceremony

Join Chancellor Joseph Martin at a ceremony honoring the four recipients on Thursday, March 30, at noon in Toland Hall, at which time Dierdre English will speak. English is the former editor of Mother Jones magazine, and one of the authors of the book "For Her Own Good." She now is launching a media campaign to counter the effects of the right wing.

The awards ceremony caps off a full month of campus activities honoring women. See the calendar on page 4 for other events.

UCSF *Newsbreak*

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Deadline for the next issue, which will cover March 25-April 7, will be on **Monday, March 13, at 11 a.m.** Please send campus news copy to Allen Balderson (476-3163), Medical Center news to Lisa Cisneros (476-3256), and calendar and gazette items to Michele Firpo (476-3257), all at Box 0462; fax 476-3541. Last-minute copy may be taken over the telephone by calling the above telephone numbers. The University of California is an affirmative action/equal opportunity employer. UCSF fully ascribes to the Americans with Disabilities Act. If at any time, you feel you have a need to view this communication in an alternate format, please contact Allen Balderson at 476-3163 with your suggestions.

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Tiny fruit flies and neurobiology

Lily Jan and Yuh Nung Jan are this year's Faculty Research Lecturers

Neurobiologists Lily Yeh Jan and Yuh Nung Jan will present the Faculty Research Lecture as part of Founders Day on Wednesday, April 19, at 2 p.m. in Cole Hall. Both are professors of physiology and biochemistry and investigators at the Howard Hughes Medical Institute. Lily Jan will discuss "Potassium Channels of Fly and Man," preceded by Yuh Nung Jan's discussion of "Principles of Limited Sloppiness, Broken Symmetry, and Neural Development."

At the core of the Jans' research is the tiny fruit fly. By studying this remarkably informative insect they are attempting to answer such questions as "How do neurons arise from collections of undifferentiated cells?" "How do they take on individual shapes and identities?" "And how do they organize themselves into special nervous system pathways that spread throughout an organism?"

The Jans' research has added to a growing body of evidence that organisms often use the same genes for different purposes. They began their work in the mid-1970s while finishing graduate school at the California Institute of Technology, where they teamed up for both research and marriage.

Inspired by the pioneering work of one of their professors, Seymour Benzer, they reasoned that since genetic studies in the fruit fly *Drosophila melanogaster* had proved useful in answering so many other biological questions, it might work for studying the nervous system too.

The fruit fly comes equipped with a genetic map of sorts, a feature Lily Jan gratefully calls "a gift." Although genes are normally too small to see, the fly's remarkably giant chromosomes — and their amplified banding pattern — provide a convenient way of tracking genetic changes under a microscope.

What revolutionized *Drosophila* genetics, Yuh Nung Jan says, was the discovery in the early 1980s of a unique element in fruit fly DNA. Called the P element, it is a unit of DNA that can move about within the fly's genome, or its entire complement of DNA. The exciting characteristic of the fruit fly's P element is that, unlike such elements in other organisms, scientists can manipulate it experimentally, controlling when it moves. Coupled with advances in gene manipulation and cloning, the P element makes identifying and isolating fly genes fairly straightforward.

Why is this significant? Geneticists routinely hunt for genes by looking for changes in the organism caused by an altered or absent gene — changes that create a mutant. This work is made simpler in fruit flies because as the P element hops around the genome under the scientist's direction, it occasionally lands within or near a gene and disrupts its function. By seeing the tangible impact of this disruption in the next generation of fruit flies, the Jans and their colleagues can infer the correct function of the disrupted gene, much as a cook can determine what ingredient failed when tasting the finished product. But even more important for the Jans' work, the P element "tags" the mutant gene, giving them a way to find, clone and decipher its biochemical messages.

The Jans and their colleagues have screened about half the fly genome, and discovered more than 20 genes involved in the development of its nervous system. What they found is that different sets of genes control the various steps in the developmental progression, acting in an almost sequential manner, to set the stage for other genes to come into play.

What scientists learn in one study often transfers to others, accelerating work even in seemingly unrelated fields.

For instance, the Jans and their colleagues cloned the first gene for a potassium channel, which regulates the strength and character of a nerve signal. This work led to the cloning of similar genes in humans. This finding is important since practically all cells have potassium channels, and certain drugs, such as some used for treating heart arrhythmia and diabetes, are potassium channel blockers.

To say that the fly studies have been (pardon the pun) fruitful, is an understatement. "I think it's fair to say that we have learned more about development from *Drosophila* than from any other organism," says Yuh Nung Jan.

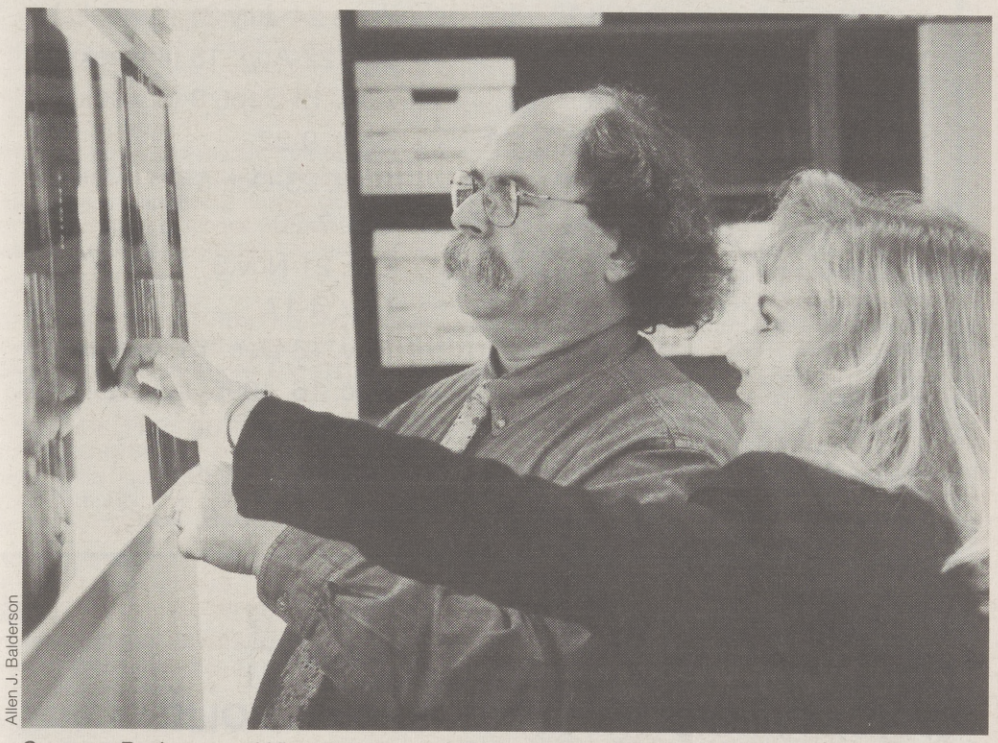
More Founders Day events

The Faculty Research Lecture is just one of many activities planned for Wednesday and Thursday, April 19 and 20. See the next two issues of Newsbreak as we detail this year's UCSF Medal Banquet (invitations available by calling Jon Pierucci at 476-2401), the Awards Luncheon, and dedication of the new Educational Center.

Editors note: Information on the Jans' research was taken from an article written by Carolyn Strange in the September '92 UCSF Magazine.

New center for treating a genetic disease in the Jewish population

By CORINNA KAARLELA



Allen J. Balderson

Seymour Packman and Kim Hart go over MRI results of a 16-year-old female patient with Gaucher disease. The tests show the patient is starting to build bone mass after being infused with the missing enzyme.

The disease isn't new, in fact, it's nearly two centuries old. But, few people know about it. It's called Gaucher (pronounced "go-shay") disease and it occurs in all racial and ethnic groups, but it is more prevalent in the Jewish population, particularly of Eastern European origin (Ashkenazi). It is the most common genetic disease in this population, affecting up to one in 600 people. In the general population, the disease affects about one in 40,000 live births.

To help in the diagnosis and treatment of this inherited disorder, UCSF has just opened a new Gaucher Disease Referral Center as part of the Genetics Clinic. Supported in part by the Genzyme Corporation, the new Center is the only one in Northern California to focus on this disorder. The Center provides a comprehensive program for the diagnosis, treatment and management of the disease, as well as genetic counseling for patients and their families.

Pediatrician Seymour Packman is medical director of the new Center. Kim Hart serves as the genetics counselor.

Gaucher disease is caused by low levels of a key enzyme — called glucocerebrosidase — which is important in breaking down a fatty substance in cells. The deficiency causes the substance to collect in scavenger cells in certain body tissue, particularly the spleen, liver, and bone marrow.

Symptoms most often become apparent in childhood or early adulthood, but in some patients signs do not appear until later in life, says Packman. They can include an enlarged spleen and liver, anemia, severe bone pain, bone fractures, easy bleeding and bruising and chronic fatigue. Diagnosis is confirmed through a blood test.

A major advance in treatment has been the process of giving back to the patient the enzyme that is missing, which is known as enzyme replacement therapy. Gaucher disease is one of a very few inherited conditions in which replacement therapy has been shown to be successful and safe in the vast majority of patients, according to Packman.

Enzyme therapy began four years ago as glucocerebrosidase extraction from placenta. But now it is available through genetic engineering. The genetic technique isn't quite where it should be as yet, however, which adds to the cost of manufacturing the enzyme. Packman says it is among the most expensive treatments in the world, costing the patient from $50,000 to $200,000 per year. "Most insurance companies will cover this," says Packman. "Enzyme replacement therapy works and it prevents serious disabilities."

The Center is not a general population screening program, emphasizes Packman. Most people who get tested for Gaucher disease either have symptoms or know that it exists within their family history.

Allen Balderson contributed to this report.

Gaucher public meeting March 29

Members of the Jewish community and the general public who are interested in learning more about the genetic disorder Gaucher disease are invited to a public meeting on Wednesday, March 29, at 6:30 p.m. in the Millberry Conference Center. The meeting is co-sponsored by the UCSF Gaucher Disease Referral Center and the National Gaucher Foundation. For further information, call 1-800-901-9997.

Guns *(from page 1)*

conceal; imposing consumer safety standards on handguns; making it a felony to carry a loaded, concealed firearm; and granting local government greater power to regulate handguns, also known as "Home Rule."

Omar Butler recalled the Tuesday night in 1990 when he and three of his best friends were cruising their Bayview neighborhood. At a stoplight, their car was bumped from behind. Butler turned to look from his back seat, then gunfire shattered the rear glass. Everyone in his car was shot, and the rampage continued through the streets. A mother of three children, out on a stroll with a friend, was gunned down and killed.

"Now is the time to recognize firearm violence as something we health care professionals need to address and prevent."

— Michael Rodriguez, clinical instructor, Family & Community Medicine

The person who shot him was identified, says Butler. "But I see this dude on the street today," he says. "Obviously the penalties are much too lenient."

Butler, a recent graduate of Long Beach State University, works as a youth organizer for the Bayview-Hunters Point Foundation where he does his part to identify at-risk kids and steer them off the path that could lead to violent behavior.

Michael Rodriguez, Department of Family and Community Medicine at SFGH, who moderated local discussion following the teleconference, says that health care workers, too, can play a key role. "Now is the time to recognize firearm violence as something we health care professionals need to address and prevent," he said in an interview after the conference. "This is a major public health issue."

Rodriguez

Rodriguez, who is a member of the Pacific Center for Violence Prevention, likened the current stage of the firearm prevention effort to the start of the campaign against cigarettes more than 20 years ago. Health care workers were leaders in pressuring regulators to curb tobacco advertising and educating the public about the drug's severe health hazards. He acknowledges that the gun lobby is a formidable obstacle, but he hopes organized medicine and health organizations will eventually take on the handgun issue as vigorously as cigarettes. Rodriguez urges physician groups to work with community leaders, the schools, the police and any group interested in taking the guns out of the hands of children.

Health care professionals can do their part even on an individual basis and in their every day contact with kids and families, he says. Just as they raise such health risks as sexually transmitted disease and drugs with their patients, they can discuss the dangers of guns if the opportunity presents itself.

One myth that needs exploding is that handgun violence is strictly an inner city or gang problem, he says. In fact, it is a nationwide epidemic. In California, more than half of all households have guns. Although many guns are purchased for protection, a gun in the home is 43 times more likely to be used to kill a family member or friend or to commit suicide than for self defense, according to one study. Children unintentionally kill themselves or other children while playing with a gun they find in the home, he says. More than half of all handgun owners keep their guns loaded at least some of the time, and in another study 53 percent of gun owners did not keep their guns locked up, according to the California Wellness Foundation.

"Guns are a deadly and unregulated product," says Rodriguez. "Health practitioners can influence the public and policy makers to make the changes necessary to reduce handgun violence among children."

Inside UCSF

What's the count on organ transplants?

	kidney	liver	kidney/ pancreas	heart	lung
1993	209	112	15	16	11
1994	222	106	16	5	7
so far in 1995	32	18	2	2	4
Total (since programs began)	4,563	681	82	72	26

Sources: Jennifer Izu, Cardiothoracic Surgery; Maria Leib, Liver Transplant Service; Janine Sabatte, Kidney Transplant Service

Today/Tomorrow

11 Saturday

UCSF ORCHESTRA CONCERTS

♦ Sat., Mar. 11: Winter Concert. UCSF Orchestra honors the 100th anniversary of the birth of African-American composer William Grant Still. Works by Tchaikovsky and Mendelssohn also featured. Co-sponsored by Millberry Arts & Performances and UCSF Black Students Health Alliance. Free for UCSF students. $3/$5. Millberry Gym. 8 p.m. Call 476-6761.*

♦ Sun., Mar. 12: Children's Concert. UCSF Orchestra presents a concert for children of all ages, featuring works by Mendelssohn and Dvorak. Afterward, children are invited to the "Musical Instrument Petting Zoo." Sponsored by Millberry Arts & Performances. 11 a.m. Call 476-6761.*

13 Monday

UCSF MEDICAL GROUP/SENIORITY PLUS SENIOR LECTURE SERIES: *How to Communicate with Your Health Care Provider.* Gerontologist Terri Murphy explains how to gain a greater sense of control and power in relationships with health care providers. Lakeside Presbyterian Church, Eucalyptus & 19th Ave. 10-11 a.m. Call 476-0373.*

DEAN OF MEDICINE'S RESEARCH SEMINAR

Thrombopoietin: The Physiological Regulator of Platelet Production. Frederic J. de Sauvage, Mol. Bio., Genentech; Marc A. Shuman, Med., Hem. & CRI. HSW 300. 3:30-5 p.m. Video relays to Herbst Hall, UCSF/MZ; Rm. 208, Bldg. 30, SFGH; Rm. 1A87, Bldg. 203, VAMC.

14 Tuesday

NEW EMPLOYEE ORIENTATION: S 214. 8:30-10:30 a.m. Call Lenard Florendo at 476-1073 to schedule.

MILLBERRY/UCSF HEALTH NET PRESENTATION: Learn how to reduce the risk of injury to your back through strengthening and stretching exercises in this workshop taught by UCSF physical therapists. Free for Health Net members. Register at Millberry Fitness Center. 6-7:30 p.m. Call 476-1115 for information.*

GUMP'S BENEFIT FOR CANCER CENTER

Gump's, 135 Post St. 6:30 p.m. (See Upcoming Events on page 5.)

15 Wednesday

BROWN BAG LECTURE SERIES: *AIDS in the 21st Century: Where We Are and Where We Need to Go.* Warner C. Greene, Gladstone Inst. Virology & Imm., SFGH, gives an overview of the AIDS pandemic and prospects for new drugs and vaccines. Sponsored by Public Service Programs. HSW 300. Noon-1 p.m. Call 476-4394.*

GREAT EXPECTATIONS PROGRAMS FOR PARENTS FILM SERIES: *Childbirth Choices: Options for Labor & Birth.* Video presentation of *Special Delivery* and discussion about preparing for your baby's birth. A 326. 7-8:30 p.m. Call 476-6667.*

16 Thursday

AWAKE MEETING

AWAKE (alert, well and keeping energetic) is a support and education group for people with sleep apnea and their families. Meets the third Thursday of each month and features guest speakers, followed by time for socializing and support. Bring your CPAP equipment for a check-up. Sponsored by UCSF/Mount Zion Sleep Disorders Center. Call 885-7886 for location and more information.*

MISSION CENTER BROWN BAG LECTURE SERIES: (See Women's History Month events.)*

INSTITUTE OF HEALING ARTS & SCIENCES WORKSHOP: *Learn to Color Mandalas for Healing.* Ariosto J. Coelho. 6:30-9:30 p.m. Call 330-5353 for price information and location.*

17 Friday

INSTITUTE OF HEALING ARTS & SCIENCES PRESENTATION: *The ABC of Delight.* Ariosto J. Coelho, mandala artist, teaches how to awaken artistic consciousness to balance darkness and pain. N 721. Noon. Call 330-5353 .*

18 Saturday

STROKE PREVENTION

Learn about stroke risks and warning signs, and current research and treatment for stroke, from UCSF neurologists, nurses, nutritionists and educators at this community education program sponsored by Stroke Service and UCSF/Mount Zion Center on Aging. Register in Med. Sci. lobby. 8:30 a.m.-12:30 p.m. Call 750-4109 for registration information.*

WOMEN'S HISTORY MONTH EVENTS CONTINUE

The theme for UCSF's 1995 celebration of Women's History Month is "Women Overcoming: Then, Now and Beyond." Events co-sponsored by Women's Resource Center and Women's Events Committee and those listed below. Call 476-5222 for information and to register for workshops.*

Through March: *The Clothesline Project.* A display of shirts featuring graphic messages and images designed by or for women who are survivors or victims of rape or domestic violence. Co-sponsored by Rape Prevention Education Project, Millberry Arts & Performances & EMPACT! Med. Sci. lobby. 8 a.m-5 p.m.

Make a shirt for the Project at the Women's Resource Center or at the following sewing bees:

♦ Wed., Mar. 15: Rm. 6C, 6th fl., SFGH. 11:30 a.m.-1:30 p.m.

♦ Tues., Mar. 21: S 168 & S 170. 3-6 p.m.

♦ Wed., Mar. 22: Cafeteria, 2nd fl., UCSF/Laurel Heights. 11 a.m.-2 p.m.

♦ Tues., Mar. 28: S 168 & S 170. 11 a.m.-2 p.m.

Thurs., Mar. 16: *Women's Health Issues for the Prime Time.* Janis Luft, women's health care nurse practitioner, tells women what they need to know about sexuality, heart disease, breast cancer and menopause. A Brown Bag lecture co-sponsored by Public Service Programs. Rm. 125, UCSF/Mission Center. Noon-1 p.m.

Tues., Mar. 21: *Why Doesn't She Leave.* Nicolette Toussaint, Task Force on Violence Against Women, explains how social attitudes perpetuate domestic violence and how health care professionals can make an impact. A Brown Bag lecture co-sponsored by Public Service Programs. Herbst Hall, UCSF/Mount Zion. Noon. Call 476-4394.

Wed., Mar. 29: *Surviving Violence.* Panel discussion features women survivors of domestic or sexual violence, incest, child abuse or hate crimes. Held in conjunction with the *Clothesline Project* display. Cole Hall. Noon-1 p.m.

Coping with Eating Disorders. Adriana Felder, Psychr. Consultation-Liaison Prog. Co-sponsored by Women's Health Access. Toland Hall. 6-7 p.m.

Thurs., Mar. 30: *Chancellor's Award for the Advancement of Women Presentation.* (See story on page 1.)

"for colored girls who have considered suicide when the rainbow is enuf." Play by Ntozake Shange is a voyage into the lives of black women. Proceeds benefit the Women's Resource Center. $18. Lorraine Hansberry Theater, 500 Sutter. 8 p.m. Call 476-5222 for tickets.

Fri., Mar. 31: *"All About Eve."* Wear your '50s finery and watch Bette Davis battle Anne Baxter. Tickets: $.67 for women, $1 for men. Prices reflect the fact that women still only earn 67 cents for every dollar a man earns. Co-sponsored by Millberry Arts & Performances. Cole Hall. 6:30 p.m.

NEWSBREAK/MEDSOUNDS DEADLINE DATES

Please submit items **that are of campuswide appeal only.** Be sure to include complete information about the event, including topic, location, time, cost (if any), speaker's name and affiliation. Please include a contact phone number. (See "The Next Deadline" below for our phone/fax numbers.)

NO.	DEADLINE DATE	FOR PERIOD COVERING
Volume 10 #6	**Mon., Mar. 13**	Mar. 25-Apr. 7
V10 #7	**Mar. 28**	Apr. 8-21
V10 #8	**Apr. 11**	Apr. 22-May 5
V10 #9	**Apr. 25**	May 6-19
V10 #10	**May 9**	May 20-June 2
V10 #11	**Mon., May 22**	June 3-23 (3 weeks)
V10 #12	**June 13**	June 24-July 21 (4 weeks)
V10 #13	**July 11**	July 22-Aug. 18 (4 weeks)
V10 #14	**Aug. 8**	Aug. 19-Sept. 8 (3 weeks)
V10 #15	**Mon., Aug. 28**	Sept. 9-22
V10 #16	**Sept. 12**	Sept. 23-Oct. 6
V10 #17	**Sept. 26**	Oct. 7-20
V10 #18	**Oct. 10**	Oct. 21-Nov.3
V10 #19	**Oct. 24**	Nov. 4-17
V10 #20	**Nov. 7**	Nov. 18-Dec. 15 (4 weeks)
V10 #21	**Dec. 5**	Dec. 16, 1995-Jan. 12, 1996 (4 weeks)
Volume 11 #1	**Jan. 2, 1996**	Jan. 13-26, 1996
V11 #2	**Jan. 16, 1996**	Jan. 27-Feb. 9, 1996

21 Tuesday

CANCER REGISTRY TRAINING PROGRAM

Program runs Mar. 20-31 and offers short intensive overview of hospital registry operations, central registries and other types of cancer patient data systems. Sponsored by Epid. & Biostat. Call 476-2331 for more information.

RELAXATION/STRESS MANAGEMENT COURSE

If you suffer from anxiety, insomnia, stomach upset, pain, chronic illness or other stress-related symptoms, learn relaxation and stress management techniques in this biweekly eight-session course with Alexandra M. Gaughan, Psych. Ask your primary care provider to refer you by calling 476-6100, x80166. A 413. 10-11:30 a.m.*

MOUNT ZION BROWN BAG LECTURE SERIES: (See Women's History Month events.)*

22 Wednesday

BROWN BAG LECTURE SERIES: *Health Informatics: Computers in Health Care.* Suzanne B. Henry, Mental Health, Comm. & Admin. Nurs., examines the use of computers in patient care, delivery, education and research. Sponsored by Public Service Programs. HSW 300. Noon. Call 476-4394.*

23 Thursday

EATING WELL

Claudia Lutz, Nutr. & Diet., shares eating tips to help you increase your energy, lose weight and feel better, while reducing your risk of cancer, heart disease, osteoporosis and other chronic diseases. Sponsored by UCSF Medical Group and UCSF Health Net. Herbst Hall, UCSF/Mount Zion. 6-8 p.m. Call 476-0373.*

THE NEXT DEADLINE

Mon., Mar. 13, 1995 is the deadline for items to be listed in the next calendar, which covers **Mar. 25-Apr. 7, 1995** (two weeks). Complete information must be received in our office in writing by 11 a.m. on that Monday. Mail your copy to Michele Firpo at Box 0462, send a fax to 476-3541, bring it to UCSF/Laurel Heights, 3333 California St., Suite 103 or call 476-3257. To submit articles for *Newsbreak,* fax information to Allen J. Balderson at 476-3541 or call 476-3163. To submit articles for *Medsounds* or Page 6, fax information to Lisa Cisneros at 476-3541 or call 476-3256.

24 Friday

SPRING HOLIDAY

CONTINUING EDUCATION

MEDICINE

For program information call 476-4251. To register call 476-5808 unless otherwise noted.

Emotion, Memory, Attachment: An Integrated Model for Therapy. Laurel Heights Conf. Cntr. Mar. 11.

Third Annual Mini-Symposium on Skeletal Metabolism and Bone Health. LPPI Aud. Mar. 15, 22, 29, Apr. 5.

Diabetes Update. Ritz-Carlton, SF. Mar. 16.

Advances in Endocrinology and Metabolism. Ritz-Carlton, SF. Mar. 17-18.

Annual Review in Family Medicine: Controversies and Challenges in Primary Care. Hotel Nikko, SF. Mar. 29-31.

Twenty-second Annual Advances in Internal Medicine. Ritz-Carlton, SF. May 22-26 & June 19-23.

Family Practice Board Review Course. Hotel Nikko, SF. July 10-13.

DENTISTRY

For program information and registration call 476-1101.

Prevention & Management of Medical Emergencies in the Dental Office. UCSF/Laurel Heights. Apr. 8.

The Periodontally Based Restorative Practice. Red Lion Hotel, San Jose. Apr. 8.

Surgical Complications in General Dentistry: Etiology, Prevention and Management. UCSF. Apr. 21.

Second Annual Dentistry Down Under. Sydney, Austrialia. Apr. 23-May 5.

New Revolution in Periodontal Treatment and Diagnosis. Stockton Hilton. Apr. 28.

Update on Endodontic Diagnosis & Emergency Treatment. UCSF. Apr. 29.

Team Approach to Treating the Dental Patient with Medical Problems. UCSF. May 6.

Anatomical Considerations in Local Anesthesia. UCSF. May 20.

Clinical Applications of Oral Pathology. UCSF. June 2.

Managed Care and the New Parameters for Restorative Practice. UCSF. June 3.

Canadian Rockies Dental Seminar. Banff, Alberta. July 6-11.

Endodontics/Prosthodontics: Working Together Toward the 21st Century. UCSF/Laurel Heights. July 28-29.

March 11-24, 1995

REGULAR MEETINGS & ONGOING SUPPORT GROUPS

MONDAY

JEWISH WOMEN'S DIALOGUE GROUP: Meets every other Monday. Call 476-6423 for dates & locations.*

DROP-IN SUPPORT GROUP FOR WOMEN LIVING WITH HIV/AIDS: Meets every Monday. Free child care and beverages provided. A 45. 11 a.m.-1 p.m. Call 476-2417 or 476-7795.*

UCSF STAFF COUNCIL MEETING: Meets second Monday of each month. Noon-2 p.m. Call 476-5756 for more information.

FRIENDS OF LOIS AL-ANON MEETING: Closed meeting: for friends & families of alcoholics only. Conf. Rm. A, 3rd fl., MCB. Noon. Call 626-5633.*

COLORECTAL CANCER SUPPORT GROUP: Meets on the second and fourth Mondays of each month. Reservations must be made at 929-7114. No drop-ins will be allowed. UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:30 p.m.*

UCSF AIDS HEALTH PROJECT MEDITATION & SELF-HYPNOSIS WORKSHOP: Weekly discussion group for anyone dealing with HIV or AIDS in themselves or others. Gazebo Rm., Davies Med. Cntr. 7-9 p.m. Call 476-3902.*

TUESDAY

SFGH CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF/ SFGH. Meets monthly at noon. Call 476-5222 for dates & location.

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. A 222, LPPI. 10 a.m.-noon. Help-line at 759-7923 provided daily, 7 a.m.-10 p.m.*

CAMPUS AMNESTY INTERNATIONAL MEETING: Meets first Tues. of each month. MU 111W. Noon-1 p.m. Call 566-8406.*

GOSPEL CHOIR REHEARSAL: UCSF Gospel Choir weekly rehearsals on Tuesdays at MCB. Noon. Call 476-6761.*

PARKINSON'S DISEASE EDUCATION & SUPPORT GROUP: For people with Parkinson's & their caregivers. Third Tues. of the month. Christ Church, Lutheran, 1090 Quintara (at 20th Ave.). 2-4 p.m. Call 476-9276.*

BREAST CANCER SUPPORT GROUP: For women diagnosed or being treated at UCSF/ Mount Zion or UCSF/Parnassus. Meets every Tues. UCSF/Mount Zion Cancer Cntr., 2nd. fl., 2356 Sutter (near Divisadero). 5:30-7 p.m. Pre-registration necessary. Call 885-3693 or 388-3742.*

NURSES' PAIN ASSOCIATION MEETING. Meets the second Tuesday of the month. C 254. 5:30-7:30 p.m.*

BRAIN TUMOR SUPPORT GROUP: First Tues. of the month. S 758. 7:30-9 p.m. Call 284-0208.*

WEDNESDAY

GAY, LESBIAN, BISEXUAL ASSOCIATION AT UCSF MEETING: Meets second Wednesday of each month. Members of the Chancellor's Committee on Gay, Lesbian & Bisexual Issues will be present. Call 282-9650 for more information.

"AT THE HEART OF IT" CARDIAC SUPPORT GROUP: For heart patients to share experiences, successes, concerns & anxieties. An ongoing six-week series. Call Kathleen Congdon at 885-7227.*

SUPPORT GROUP FOR FAMILY/FRIENDS OF THOSE WITH MENTAL ILLNESS: Open to anyone interested in learning more about psychiatric disorders & their treatments. Call Laura Deering-Mayclin at 476-7394 for more information.*

LATIN AMERICAN CAMPUS ASSOCIATION MEETING: Meets second Wednesday of each month. HSW 508. Noon. Call Al Lopez at 476-1334.

LATIN WOMEN COALITION: For Latina faculty, staff & students. Noon-1 p.m. Call Betty Jerez at 476-7117 for meeting places & dates.*

PARNASSUS AL-ANON MEETING: For friends & families of alcoholics. Observers welcome. C 417. Noon-1 p.m. Call 626-5633.*

STEP-FAMILY SUPPORT GROUP: For parents & step-parents. Call Sandra Norberg at 476-6389 for dates and location.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. Conf. Rm. 3, 1st fl., MCB. 12:05 p.m. Call 621-1326 for more information.*

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. Two locations & times: A 222, LPPI, 1-3 p.m., and N 517, 7-10 p.m. Help-line also provided daily, 7 a.m.-10 p.m. at 759-7923.*

DIRECTIONS: For women newly diagnosed with breast cancer. Meets every Wed. UCSF/Mount Zion Cancer Cntr., 2nd. fl., 2356 Sutter (near Divisadero). 5-6:30 p.m. Pre-registration necessary. Call 885-3693 or 885-7498.*

EATING DISORDERS SUPPORT GROUP: Open to anyone dealing with an eating disorder in themselves or others. Meets every Wednesday. M 688. 7-8:30 p.m. Call 332-3425.*

CO-DEPENDENTS ANONYMOUS MEETING: A twelve-step program for people who have dysfunctional long-term relationships. Meets every Wednesday. LP 01 (LPPI basement). 8-9:30 p.m. Call 432-3529.*

THURSDAY

LESBIAN LUNCH GROUP: Monthly on Thursdays. Call 476-5222 for meeting dates & locations.*

GOSPEL CHOIR REHEARSAL: UCSF Gospel Choir weekly rehearsals on Thursdays at Parnassus. Noon. Call 476-6761.*

HEAD & NECK CANCER SURGERY SUPPORT GROUPS: Separate groups for patients and patients' families meet simultaneously on the second and fourth Thursdays of each month. UCSF/Mount Zion Cancer Cntr., 2356 Sutter, 2nd fl. 1-2 p.m. Call 885-7623.*

ASSOCIATION OF CLINICAL RESEARCH NURSES MEETING: Meets on the third Thursday of each month. M 1317. 5:15-6:30 p.m. Call 476-0683.

PARNASSUS PLAYERS MEETING: UCSF's theater group holds open readings on the first and third Thursday of each month. Sponsored by Millberry Arts & Performances. Mar. 16 meeting: C 517. 6-8 p.m. Call 476-6761 or 476-9012 (day) and 821-5701 (evening).*

SUPPORT GROUP FOR WOMEN LIVING WITH LIFE-ALTERING ILLNESS: Alternate Thursdays. 6-8 p.m. Call 775-2854 to preregister & for locations.*

FRIDAY

CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF. Most Fridays. Noon-1 p.m. L 535. Call 476-5836.

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. C 417. 12:10-1 p.m. Call 621-1326 for more information.*

LAKESIDE SENIOR MEDICAL CENTER CAREGIVER SUPPORT GROUP: Meets on the first Friday of each month. $10 per meeting. 2501 Ocean Ave. at Junipero Serra. 2-4 p.m. Call Edith Kaplan at 986-2305.*

For information on 12-step and support groups (other than AA and Al-Anon), call the Mental Health Association of San Francisco at 921-4044.*

BREAST CANCER SCREENING SCHEDULE

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient locations in the Bay Area.

Women need the approval of their physician to have the mammogram, in addition to their doctor's full name, address (including room number & zip) and phone number to assure that results are mailed promptly. The procedure takes approximately 20 minutes and costs $65. To make an appointment call 476-2193 between 9 a.m. and 3 p.m.*

Because the service has become so popular and appointments are filled by the time this calendar is published, we list only dates when the van will be at UCSF locations:

- Fri., Mar. 31: UCSF/Parnassus at Medical Center Way.
- Thurs., Apr. 6: UCSF/Parnassus at Medical Center Way.
- Mon., May 1: UCSF/Daly City, 333 Gellert Blvd.
- Fri., May 5: UCSF/Parnassus at Medical Center Way.

*Open to the public.

Upcoming Events

Benefit at Gump's for UCSF Cancer Center

In conjunction with the opening of Gump's store at its new location at 135 Post St., the upscale retailer is holding a special night of shopping to benefit UCSF's Cancer Center.

The event will be held Tuesday, March 14, and will include cocktails and a buffet dinner. Ten percent of all sales for that evening will be donated to the Cancer Center. Tickets are $75 each and a portion of the ticket price is tax deductible. The ticket price includes free valet parking.

To receive an invitation, call the Office of Alumni Relations and Campus Events at 476-4723.

Clinical TB update for HIV service providers

The Francis J. Curry National Tuberculosis Center and the Community Provider AIDS Training Project are co-sponsoring a clinical update on TB on Wednesday, March 22, from 12:30 to 5:30 p.m. at the Laurel Heights Conference Center.

The training is for public and private sector physicians and other medical care providers who manage HIV-infected patients with or at risk for TB. This program will cover tuberculosis epidemiology, transmission, diagnosis and treatment as well as infection control issues. UCSF faculty on the program include Gisela Schecter, assistant clinical professor of medicine. For more information, send a fax to the National Tuberculosis Center at 502-4620 and request a course application.

Phil Lee speaks about "Reinventing Public Health" March 27

Philip R. Lee, assistant secretary for health, US Department of Health and Human Services, will be the featured speaker at a UCSF event on Monday, March 27, at 3 p.m. in the School of Nursing Auditorium, Room N 225.

The event will formally acknowledge the establishment of the Caldwell B. Esselstyn Chair in Health Policy at the UCSF Institute for Health Policy Studies (IHPS).

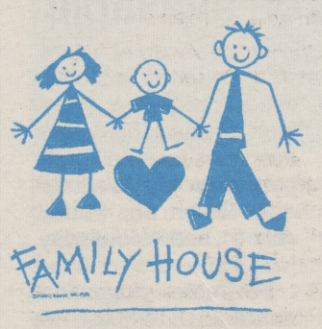
Lee, 70, former director of the IHPS, which he established in 1972, will speak about "Reinventing Public Health." He is well-known as an advocate of health care for the poor, elderly and other vulnerable groups in society. Besides serving as an administrator, policy maker and researcher, Lee has been active as a medical practitioner and teacher. He has written more than 100 articles and has co-authored several books on health care policy and trends. Lee was UCSF chancellor from 1969 to 1972.

For more information on the event, call 476-0531.

SFGH health fair offers weight control tips

A health fair at SFGH will offer free advice on how to get control of your weight and reduce risk of heart disease. The fair will be held outside the hospital cafeteria on Wednesday, March 29. Registered dietitians and physical therapists from SFGH and the Gladstone Insititute of Cardiovascular Disease will provide information on exercise and nutrition in weight control.

Family House hosts dinner, dance, auction



Family House, a home that provides temporary housing for the families of children with cancer and other life-threatening illnesses, will hold its annual fundraiser Saturday, April 1, at 6 p.m.

This year's event, "Follow the Yellow Brick Road," includes cocktails, dinner, an auction and dancing. Some special auction items are: a signed script by the entire cast of "Northern Exposure," a 1981 Mercedes Sports Coupe and a fine art print by former San Francisco 49er Keena Turner.

The event will take place at the Nikko Hotel, Mason and O'Farrell streets. For more information, call 675-9785.

"Tuberculosis Then and Now" conference

The Department of the History of Health Sciences will present "Tuberculosis Then and Now," a two-day conference designed for health care professionals, epidemiologists, public health officials and the general public.

The conference, to be held Friday and Saturday, April 7 and 8, in Cole Hall, consists of four sessions organized around the following themes: Epidemiologies of TB, Past and Present; Stigma and the Cultures of Illness; TB Control Strategies, Past and Present; Reflections and Current Issues. To register, enrollment applications and fees must be returned to the Registration Office, Room MCB 630, or participants can register by calling 476-5808 or faxing to 476-0318.

Auxiliaries host two events

(See page 7 for story.)

Troy C. Daniels Lectureship

Peter B. Devran, chair of the Division of Chemistry and Chemical Engineering at the California Institute of Technology, is the speaker for the Troy C. Daniels Lectureship series.

Sponsored by the Department of Pharmaceutical Chemistry, the series will be held in the School of Nursing building Monday and Tuesday, April 17 and 18, and Friday, April 21. Topics include "Sequence Specific Recognition of Double Helical DNA by Triple Helix Formation." For more information, call Nancy MacKenzie at 476-1913.

"Take Our Daughters to Work Day" April 27

Girls will be on campus as part of the national event, "Take Our Daughters to Work Day," slated for Thursday, April 27.

UCSF department managers interested in opening up their office or practice to a girl are encouraged to submit a form specifying the types of activities a girl might do that day by Friday, March 17. Forms should be returned to Katherine Riordan of Public Affairs, who is coordinating the event with the Chancellor's Committee on the Status of Women.

The Ms. Foundation for Women created the event as a way to boost confidence and enthusiasm in adolescent girls at a time when they need it most. Founded in 1972, the foundation has championed the rights and needs of women and girls by working for their economic welfare, safety and health.

Parents, relatives and friends of children ages nine to 18 are encouraged to participate in this program. The deadline to sign children up for the event is Monday, April 10. For more information about the event, call Riordan at 476-0729.

UCSF team to join WalkAmerica

A UCSF team is being coordinated by Public Service Programs for the March of Dimes 1995 Silver Anniversary of WalkAmerica.

The 10-K walk, with a start and finish line at Sharon Meadow, in Golden Gate Park, is slated for Saturday, April 29. Registration will begin at 8 a.m. The walk starts 45 minutes later.

WalkAmerica is a national event that raises money for research that explores the causes of birth defects and ways to treat and prevent them. UCSF scientists will receive grants for basic and clinical research. Last fiscal year, some $837,506 funded such vital research projects as gene therapy and prenatal surgery to correct genetic defects.

Refreshments will be provided and T-shirts will be given to all team members who walk the day of the event. To sign up to be part of UCSF's team, call 476-4394.

HIV prevention fact sheets available

UCSF researchers have developed reader-friendly fact sheets to answer common questions about HIV prevention.

The fact sheets are being distributed to make HIV prevention behavioral research findings more widely available to policymakers, legislators, research funding agencies and others. They are a result of "Looking Back, Looking Ahead," a two-year project to study and send out information on HIV behavioral research, co-sponsored by the UCSF Center for AIDS Prevention Studies (CAPS) and the Harvard AIDS Institute. The project is funded by a grant from the Henry J. Kaiser Family Foundation.

"The challenge of HIV prevention demands that there be open communication between behavioral scientists and those on the front lines actually delivering, funding and evaluating prevention services," says Thomas J. Coates, CAPS director and the project's co-principal investigator, along with Harvey J. Makadon from Harvard Medical School.

CAPS researcher Jeff Stryker, director of the UCSF project, says behavioral science findings can be useful in creating effective programs.

The researchers reviewed thousands of HIV prevention studies to find those demonstrating long-term behavior change. Lessons learned are incorporated into the fact sheet. Among the subjects addressed are what clinicians can do to improve the health promotion efforts of their patients, what barriers prevent clinicians from discussing HIV risks, and whether enhancing clinician involvement will be enough to prevent the spread of HIV.

Stryker also encourages the use of other types of health promotion, such as the HIV/AIDS Forum of HandsNet, a computer-bulletin board designed to enhance communication among people and organizations working to fight the AIDS epidemic at the local, state and national level. It offers daily updates on national and local policy, effective prevention programs and strategies, treatment news, funding resources and technical assistance. The forum also contains electronic versions of many AIDS publications, including the fact sheets. For more information about the HIV/AIDS Forum, call (408) 257-4500. For copies of the fact sheets, call the National AIDS Clearinghouse at 1-800-458-5231 or the Kaiser Family Foundation at 1-800-656-4533.

Call for UCRS Board candidates

Employees who are active members of the UC Retirement Plan (UCRP) but are not members of the Academic Senate are invited to run for election of the UC Retirement System (UCRS) Board. The term will be from July 1 through June 30, 1999.

The non-Academic Senate members of the UCRP will vote in June 1995 to fill one vacancy on the UCRS Board.

Candidates may be from any UC campus except the Lawrence Livermore National Laboratory, which this year is exempt because incumbent representative Patricia Erickson is a LLNL employee. The two non-Academic Senate representatives must be from different locations.

Interested candidates must submit a petition signed by at least 50 active UCRP members who are not Academic Senate members and a brief biographical statement. Nomination packets are available from the Benefits Office, Box 0918 or by calling 476-1400.UC Benefits must receive nominations by Friday, March 31.

The UCRS Board advises the UC President on matters concerning the UCRS, including the UCRP, the Defined Contribution Plan, and the Tax-Deferred 403(b) Plan. These plans hold assets of more than $19 billion and represent the retirement interests of about 157,000 UCRS members.

The UCRS Board generally meets quarterly in Oakland at the Office of the President. Members serve without compensation but are reimbursed for necessary expenses.

Fun Zone

Power Mac is grand prize in EMPACT! raffle

Tickets for the annual EMPACT! raffle, a fundraiser that pays for future events for employees and staff, will go on sale Saturday, April 1. Cost is $1 per ticket.

Be a raffle ticket seller and win a $1,000 travel credit courtesy of American Express! There are other "perks" for raffle ticket sellers too.

The raffle drawing will be held Thursday, June 1. Grand prize is a Power Mac 6100 computer with monitor courtesy of Apple Computer Inc. and the UCSF ITS Store. More than 50 other exciting prizes will be given away as well. To be part of this event, call Elan at 476-2675.

UCSF offers summer day camps for children

It's not too early to plan your child's summer! Millberry Outdoor Programs is offering summer day camp programs for children ages six to 13.

Traveling camps take your children to exciting places for guided explorations, hands-on tours and fun and games throughout the Bay Area.

Activities include tide pooling, rock climbing, horseback riding, theater games and arts and crafts. The programs run in two-week sessions, Monday through Friday, from 8 a.m. to 5 p.m. beginning Monday, June 19.

Ongoing recreation at the Millberry Fitness Center begins Monday, April 3, for UCSF students and staff and Millberry members and on Tuesday, April 4, for the general public. For more information, call Outdoor Programs at 476-0417.

Register for spring intramural sports

Get a team together for spring intramural sports action. Entries will be taken beginning Monday, March 6, through Thursday, March 23. Entry forms are available on the Intramural display table in the Millberry Fitness Center lobby as of March 6. Spring sports include co-rec volleyball, basketball (three-on-three), and indoor soccer. For more information, call the Intramural Sports office at 476-0356.

Tuxes, T-shirts welcome at Black & White Gala

Come spend a special evening at the Black & White Gala on Friday, April 7, from 9 p.m. to 1 a.m. at the Gift Center Pavilion in San Francisco. The event will feature music by the rhythm and blues band Standing Room Only. Entertainment also will be provided by DJ Andy Kawanami. Hors d'oeuvres will be served with a no-host bar. Tuxes and T-shirts welcome! Tickets cost $15 for employees and guests and $12 for UCSF students and are available at the Millberry Union Central Desk.

Merchant of Venice visits UCSF

"Lorenzo, Merchant of Venice," is one of 40 paintings of costume designs by Warren Travis on display now through Wednesday, May 31, at the Faculty/Alumni House, 745 Parnassus Ave. The house, which acts like a gallery changing exhibits every three months, is open weekdays or by appointment. For more information, call 476-4723.

Medical Call Board

Nutrition studies

Researchers at UCSF are looking for healthy women between 45 and 75 years of age to participate in a six-week outpatient nutrition study. Participants must be in generally good health, must have had last menstrual periods five or more years ago and must not be taking estrogen replacement. Reimbursement is provided. For more information, call 476-3498.

In another study, UCSF researchers are looking for healthy, non-smoking men and women between the ages of 50 and 70 and men between the ages of 25 and 35 for a six-week outpatient nutrition study investigating the effects of diet on blood cholesterol levels. Two out of three meals must be eaten on the UCSF campus. Reimbursement of $250. For more information, call 476-7931.

PMS study continues

Women between the ages of 18 and 45 who experience severe premenstrual syndrome are invited to participate in a UCSF study funded by the National Institutes of Health. The goal is to determine the effectiveness of a non-drug program for relieving PMS symptoms. All treatment is free. The Premenstrual Symptom Management study is lead by Diana Taylor of the School of Nursing. For more information, call 476-4557.

Testing new diabetes drug

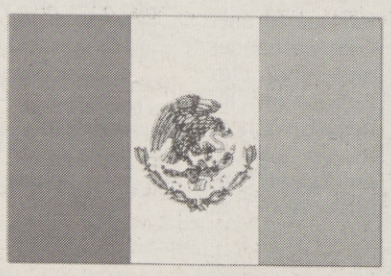
The Metabolic Research Unit is seeking individuals with adult onset diabetes whose blood sugar levels are too high, despite diet, medication and insulin. Researchers hope to initiate studies using a new oral medication which may help. Participants must be over 18 years of age and in good general health. For more information, call 476-7265.

Herpes testing

UCSF researchers at SFGH are evaluating a preventive vaccine against herpes simplex. Participants should be men or women age 18 to 45 with no history of genital herpes, whose regular sexual partner has recurrent outbreaks of genital herpes. Vaccine or placebo is injected three times over six months. Participants are then monitored over one year. For more information, call Janet at 206-3620.

Grants for Mexico-related research available

UC MEXUS, the UC Institute for Mexico and the US, is calling for proposals for grants for research on Chicano populations, Mexico-related studies or research with Mexican investigators.



UC faculty eligible for principal investigator status and UC PhD candidates may apply.

Faculty proposals are due Friday, April 14.

Graduate student proposals are due Friday, April 28.

This year, UC MEXUS also is offering small grants for travel, visiting Mexican scholars, lectures, public service programs and other special, one-time, short-term needs. This year's deadlines for small grant proposals are Wednesday, March 15; Friday, July 14; and Wednesday, Nov. 15.

For more information, contact UC MEXUS's Universitywide headquarters at UC Riverside at (909) 787-3519 or by e-mail at ucmexus@ucrac1.ucr.edu.

Universitywide management conference set

A Universitywide management conference on leadership and management will be held from Sunday to Wednesday, May 7 to 10, at the Doubletree Hotel at the Los Angeles Airport.

The conference will address UC's efforts to sustain excellence, including implementing some improved management initiatives. Recommendations to simplify the current four-tier personnel structure, expand departmental autonomy and revise employee compensation based on performance and market trends are spelled out in the report, "Proposed Human Resource Management Initiatives for the University of California." Streamlining UC's personnel management system could mean making significant changes in salary ranges and raises, vacation time, job descriptions and increasing job training opportunities.

Topics for conference sessions include accountability, business process re-engineering, human resource management, total quality management, strategic planning, policy development and workplace ethics. A UC Technology Forum will highlight achievements Universitywide.

UC President Jack Peltason will attend a conference dinner Tuesday night.

The conference registration fee is $269. Room rates are $88 a night for single occupancy and $108 for a double at the Doubletree (310) 216-5858. Discounts on United and American Airlines flights are available through Thomas Cook Travel by calling (800) 235-UCLA. More information is available by contacting Clifford Ramirez, president of the UCLA Administrators and Supervisors Association by e-mail at cramirez@saonet.ucla.edu or at (310) 206-1170.

Foundation moves

The UCSF Foundation's business office has moved from the Faculty Alumni House to 44 Montgomery within the Department of Development. The telephone number 476-3945 remains the same, as does mail Box 0917.

Call for abstracts for research day

The 13th Annual Graduate Students' Research Day will be held Tuesday, May 16, at the Millberry Union Conference Center. Student oral presentations will be from 10 a.m. to 4 p.m. A reception will follow at 4 p.m.

Any student enrolled in the UCSF Graduate Division can enter an abstract and receive $50 plus be entered in a random drawing for a chance to win a $250 grand prize for use at the Millberry Bookstore, ITS Store or for conference travel. Participants also get a chance to receive feedback on their abstracts from faculty and students.

Abstracts are due Tuesday, March 28.

For applications and information, call the Graduate Students' Association at 476-2233.

Explosion *(from page 1)*

of glass. He was taken to the Emergency Room at Moffitt/Long Hospital, where he was reported in stable condition, according to emergency room personnel.

No other injuries were reported.

George Kenyon, dean of the School of Pharmacy, who spoke to Shetlar moments after the explosion, said his colleague was apparently working alone cleaning up the lab when an ether bottle exploded. The bottle had apparently been left open too long, which triggered explosive peroxides, said Kenyon.

A very volatile, highly inflammable liquid, ether is a solvent widely used in health care as a general anesthetic.

Immediately after the explosion, an automated alarm system notified occupants to evacuate the building. UCSF police went floor to floor to make sure everyone exited, according to Chief Ron Nelson. "It took just a few minutes," Nelson said of the evacuation.

The building was evacuated as a safety precaution while a team of emergency personnel investigated the scene for other possible danger from chemicals. Campus police, the Environmental Health and Safety Department, the State Fire Marshall and the San Francisco Fire Department worked together at the scene.

Medsounds Continued

Auxiliaries invite all to April activities

The Auxiliary at UCSF/Mount Zion Medical Center, the Harvard Club and Mount Zion Health Systems Inc. will present a panel discussion on "Legalization of Assisted Suicide: What are the issues?" on Wednesday, April 12, at the Metropolitan Club, 640 Sutter St., San Francisco.

Panelists will include: Jesse Choper, professor of public law at Boalt Hall School of Law; John M. Luce, professor of clinical medicine and anesthesia at UCSF; and Stephen Pearce, senior rabbi at the Congretion Emanu-El.

Cocktails before the lecture will be served at 5:30 and the program will begin at 6:30 p.m. Reservations are required; cost for admission is $15. For more information or for registration, call the Auxiliary at 885-7354.

The Hospitals Auxiliary of the UCSF Medical Center and FAO Schwarz will present the annual Easter Egg Hunt and Spring Shopping Spree on Saturday, April 15.

The hunt will be from 8:30 to 10 a.m. and the spree will be from 8:30 a.m. to 6 p.m. at the toy shop, corner of Stockton and O'Farrell streets in San Francisco.

Admission is $25 per child and is free for adults. Grand prizes will be awarded to the two children who find a golden egg and to winners of the raffle drawing. Refreshments will be included. Ten percent of all proceeds from sales on the day of the event will be donated to the UCSF Hospitals Auxiliary to benefit hospitalized children and to provide patient amenities. For more information on this event, call 476-4906.

Garden *(from page 8)*

patients may play in its upkeep.

"Because we are redesigning the garden and ultimately removing much of the cement and plantings that are there, the gardening we will do this spring will focus on temporary plantings — bulbs that can be removed and replanted," Chamberlain says.

The healing power of plants is as ancient as the Egyptian physicians who prescribed walks in gardens to soothe the sick. Today, a new movement to return this therapy to patients is producing gardens in hospitals across the nation. Patients are combining forces with health care providers, landscape architects and others to bring a bit of the outdoors to the often dreary interiors of hospitals.

"Unlike these projects that work with landscape architects who bring in their ideas, we're working with patients and staff to create this garden," Gelder-Kogan says. "It's an evolving process."

A small group of gardeners recently planted some iris, gladiolas and dahlias bulbs expected to bloom in the late spring or summer. The crew is currently borrowing tools but would like to begin acquiring a set of its own through donations to the project. Needed supplies include a wheel barrow, shovels, a rake, broom, hoe and hose. Donations of plants also would be greatly appreciated, Chamberlain says.

Here's the gardening schedule for the next six Saturdays: March 11, March 25, April 15, April 29, May 13, May 27, June 10 and June 24.

In addition to these regular gardening days, the garden crew will be holding workshops for staff, patients, friends and family. These workshops will result in various works of art to be incorporated into the garden. For more information on the project, call the Resource Center at 885-3693.

Group therapy *(from page 8)*

groups are open-ended, allowing members to work at their own pace and to leave the group when their particular goals are met. "The whole purpose of the group is to have it be like real life," says Lonergan. "And people coming and going is part of that."

Depending on the size of the group, though, newcomers typically feel uneasy until they develop interest and trust in other members and their therapists. "It's always an adjustment for newcomers to the group," says Raya Al-Mufti, a fourth-year resident who co-leads groups for sexually abused victims and bolemics. "With a new member, it becomes a new group and there is a period of time when it feels like all the cards are up in the air."

As part of the educational experience of psychiatry residents at UCSF, those in their third year are required to co-lead an outpatient group for one year after extensive theoretical training, including a group therapy class taught by Lonergan. Al-Mufti, who began leading the group last May, says the experience can be emotionally draining as members learn to deal with conflict and anger.

"We see people working through childhood issues within the group," she says. "The therapy empowers them to speak their mind knowing people will still be there for them. Often this is the most powerful source of change."

Although everyone involved collaborates in the group therapy process, therapists assume the clinical responsibility for the group and its members. At times members may call into question how much time people spend talking or listening, Al-Mufti says.

"Grappling with issues over power and control is a major challenge for incest victims," says Al-Mufti. "That issue came up last night. One member wanted more than 10 minutes and we ended up discussing how all the members can get their needs met."

For this reason, she says, it is important for an individual to discuss in detail what he or she can expect from the group and what the group can expect from that individual and therapist.

Al-Mufti co-leads her groups with Donna Lohman and Carol Matthews, both third-year residents who are expected to inherit the group after Al-Mufti graduates in June. Although the transfer of therapists is always difficult for the group, there is an ongoing effort to pair a third- and fourth-year resident together so that the group only loses one therapist at a time,' says Lonergan. "Fortunately, peer bonding becomes stronger as the group sees itself educating one leader after another," she adds.

> *"People have to be fairly strong and really be motivated to face their problem."*
>
> — Elaine Lonergan, coordinator, LPPI group therapy program

While the time it takes to receive the benefits of group therapy depends on the extent of the problem and the motivation to resolve it, members are expected to stay in the group for at least a year. "We need people who will really stick it out," Lonergan says. "People have to be fairly strong and really be motivated to face their problem."

Although most health insurance plans cover the cost of group therapy, LPPI charges fees based on a sliding scale adjusted for income.

Potential group members can call 476-2215 to set up a free, confidential consultation with Lonergan to discuss the nature of their problem and how best to remedy it.

Radiation therapy *(from page 8)*

and radiation therapy to the prostate may cause frequent and urgent urination.

"External beam radiation is effective for patients with local prostate cancer, but all of us are concerned about the possibility for recurrence," says urologist Peter Carroll. "The frequency of recurrence (about 20 to 30 percent of all patients) is related to the volume and grade of the cancer."

Still, short of surgically removing the prostate and the seminal vesicles — a radical prostatectomy — there is no other standard way to eliminate all of the cancerous gland. Previous clinical trials implanting radioactive seeds in prostate tumors did not show good long-term results, according to Carroll. However, newer techniques for implantation may improve outcome.

"Physicians at UCSF try to keep an open mind about treatments," Carroll says. "At UCSF, all men diagnosed with prostate cancer get offered all forms of treatment, including watchful waiting. Patients are told there is no consensus in what is the best treatment although there is a bigger bias toward surgery in young patients."

Radiation therapy technology

Latest advances in radiation therapy are largely due to increasingly sophisticated technology for simulation, the first step in the complex planning process to tailor treatment to the patient. A team of specialists use computer-generated models to plan the dose and field of irradiation to the target areas or radiation ports.

UCSF is one of nine institutions funded by the National Cancer Institute to participate in the national study to use three-dimensional treatment planning for prostate cancer. A national protocol evaluating this method has begun.

While UCSF is integrating all cancer services through a collaboration of multiple disciplines involving surgeons, radiation oncologists and medical oncologists at the Cancer Center at UCSF/Mount Zion and at the Medical Center, all megavoltage radiotherapy, simulation and treatment planning and delivery are conducted on Parnassus.

The Radiation Oncology Department recently installed a new Varian 2300C/D high-energy linear accelerator equipped with a multileaf collimator and electronic portal imaging. These two new features allow rapid shaping of the beam and the ability to tailor it to the tumor without the laborious process of producing individual lead blocks to shield normal tissue. Electronic portal imaging allows verification of the treatment beam geometry in the patient electronically, rather than using the slower, more costly film methods.

The department's second dual energy accelerator, the Clinac 2100C, has been upgraded with a multileaf collimator and portal imaging. Acquiring and upgrading this equipment now makes it possible to deliver a much higher dose to the tumor with greater efficiency, lower cost of operations, and significantly improve accuracy.

Augmenting radiation therapy

For patients with glioblastoma multiforme, an aggressive tumor that invades the surrounding brain and may cause neurological problems, Gutin is working with Theodore Phillips, chair of radiation oncology, to begin clinical trials of boron neutron capture therapy. This therapy combines strategies used in chemotherapy and radiation treatments.

Simply stated, boron neutron capture therapy represents a promising way to selectively irradiate the tumor by placing a chemical compound that becomes a source of cancer-killing radiation only when activated by a beam of low-energy particles called thermal neutrons. When struck by the beam, the compound undergoes a fission reaction like a miniature atomic bomb destroying the tumor.

Phillips and Gutin and other cancer specialists at UCSF, along with physicists from Lawrence Berkeley Laboratory, are trying to get federal funding to build a linear accelerator to generate the neutron beams at Berkeley to be used later at UCSF.

UCSF to hold radiation seminar

The Department of Radiation Oncology at UCSF, School of Medicine, announces its 15th Annual Course on Radiation Oncology, Biology and Physics to be held March 13, 14 and 15 at the Hotel Nikko, located on the corner of Mason and O'Farrell streets near Union Square.

The conference is directed to practicing radiation oncologists, residents, fellows, physicists, radiotherapy technologists, as well as medical oncologists, oncologic nurses and radiation biologists.

This year's seminar will provide in-depth coverage of five areas in radiation oncology management: lung cancer; head and neck cancer; lymphomas; gastrointestinal malignancies and using technology to make radiotherapy "faster, better and cheaper."

The highlight of this symposium will be the annual Franz Buschke Lecture delivered by Chiu-Chen Wang, professor and head of radiation oncology at Massachusetts General Hospital in Boston. Wang's lecture is entitled, "Does Changing the Pattern of Fractionation Affect Local Control of Head and Neck Carcinomas?"

For more information, call seminar headquarters at 595-2704.

History of radiation use in humans 1895-1990s

1895	Wilhelm Conrad Roentgen discovers X-rays
1896	Henri Becquerel discovers radioactivity of uranium
1898	Marie and Pierre Curie discover polonium and radium
1899	First cancer patients treated
1900	P. Curie describes alpha and beta particles and radiation made widely available
1900	Handheld radiological equipment used without protection for the patient or doctor
1920	Kingery describes the "saturation method" for defining the normal tissue tolerance to radiation
1940	MacMillian and Abelson discover plutonium
1941-1965	UCSF — More than 300 patients treated with P32, Strontium 89, radioactive phosphorous, radiogold and/or total body radiation for breast cancer, Hodgkin's Disease, acute leukemia and lymphosarcomas
1946	"Manhattan Project" becomes Atomic Energy Commission, which makes radioactive nuclides available for medical, industrial and scientific research: 300 shipments the first year
1949-1963	UCSF — Radiological Laboratory: Research establishes uses of radioactive iodine for thyroid cancer and basic work on the medical use of neutrons
1968	Radiation prolongs survival from inoperable lung cancer
1970s	Radiation cures large number of patients with Hodgkin's Disease (Stanford trials)
1970-1980	Radiation allows breast conservation for women without reducing survival
1980s	Radiation plus chemotherapy prolongs survival for rectal cancer
1980s	Radiation plus chemotherapy prolongs survival for small cell lung cancer
1990s	Radiation plus chemotherapy prolongs survival for non-small cell lung cancer

Source: Mack Roach III, assistant professor of radiation oncology, Jan. 23, 1995

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UCSF Medsounds

Page 1 ... UCSF fights legal battle with tobacco company

Page 1 ... Four win Chancellor's Award for the Advancement of Women

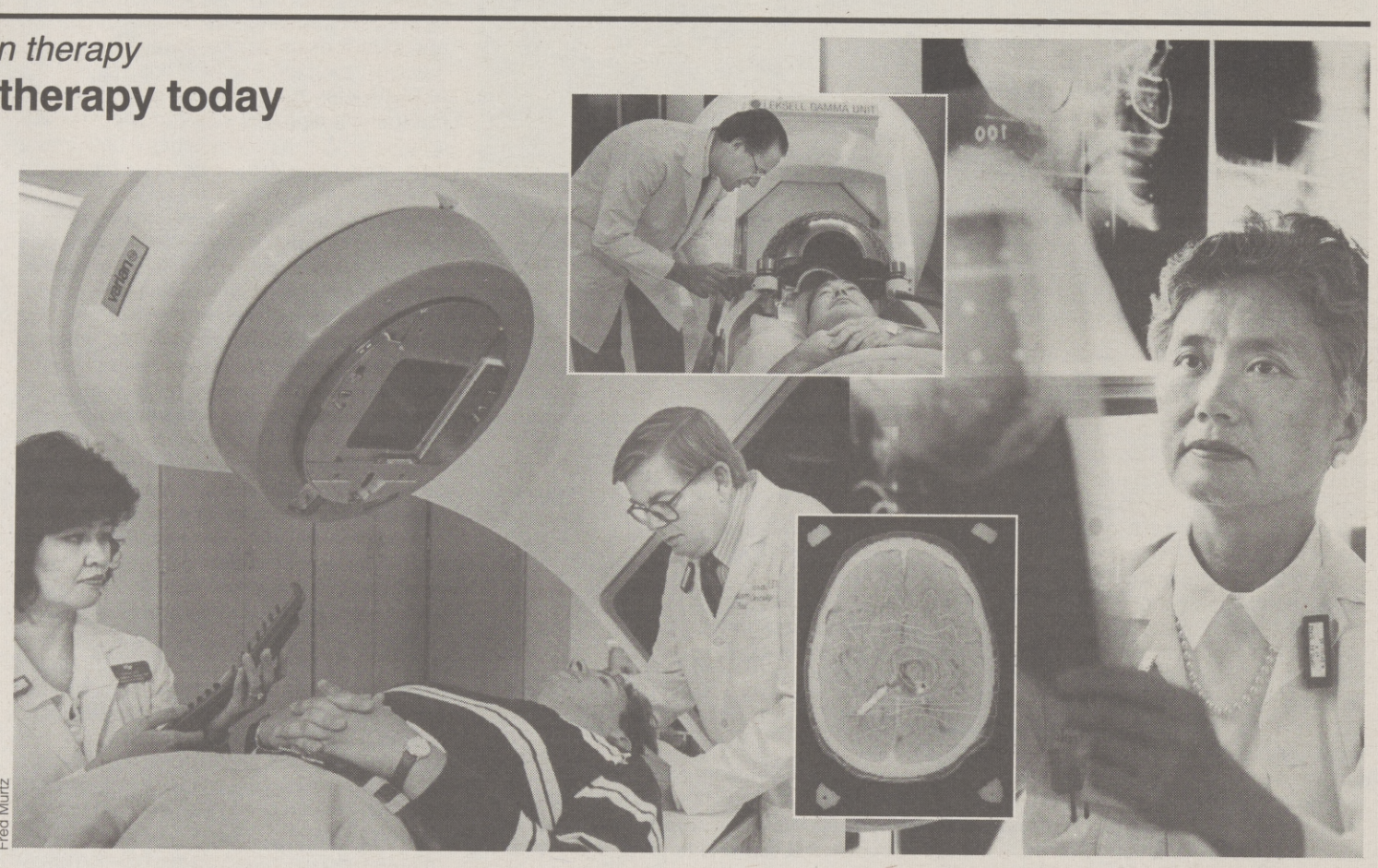
Page 1 ... Committee continues study of WWII era radiation tests

Medsounds is a section of *Newsbreak* for and about employees of the Medical Center, including Moffitt-Long, the ACC, UCSF/Mount Zion and Medical Center employees at Mission Center and Laurel Heights.

100th anniversary of radiation therapy

Clinical uses of radiotherapy today

By LISA CISNEROS



Fred Murtz

Radiation. The mere mention of the word conjures up negative images of the A-bomb or the Chernobyl disaster.

But in this, the centennial anniversary of the clinical use of radiation therapy, the modern medical community has come to appreciate the power of radiation to improve the quantity and quality of life for cancer patients.

Radiation therapy, or radiotherapy, has evolved over the years albeit through trial and error in experiments on humans. Indeed, UCSF's role in World War II era radiation studies has been controversial especially since the special committee charged to investigate the cases questions whether patients consented to the tests. (See story on page 1.)

Mack Roach III, an associate professor of radiation oncology and a member of the committee that looked into the experiments of the 1940s — when essentially no effective chemotherapy for cancer existed — says the tests helped to form the basis for "how many of us use radiation today."

Historically, radiation has come a long way. "In the early days men, women and children were treated with radiation for such benign conditions as acne, ringworms, warts, tonsillitis, enlargements of the thymus and athlete's foot. Radiation also was used for a number of bizarre purposes such as measuring foot size," Roach points out.

These crude applications were "not undertaken with the desire to do harm, but rather reflect the lack of understanding of the true nature of the risks and benefits of radiation during that time period," he notes.

As urologist Peter Carroll explains, UCSF is on the forefront of radiation oncology management to improve outcomes for patients by applying innovative techniques and cutting-edge technology in radiation therapy today. "We're trying to break the mold to see how we can do things differently," says Carroll, who works with prostate cancer patients. "There are ongoing efforts to better target tumors to lengthen survival and reduce morbidity." These efforts include integrating radiation therapy with other treatments including hormone therapy and chemotherapy.

Using radiation therapy

About half of all cancer patients get radiation therapy as part of an overall treatment plan, which also may include chemotherapy or surgery, to combat the disease. Low dose x-rays in mammography help detect breast cancer.

Radiation therapy has two main goals: to cure the cancer or relieve its painful symptoms. Radiation makes tumors shrink or disappear in a process called ionization by damaging the genetic structure (DNA) of the cancerous cells to prevent them from growing or dividing. Damage is done by aiming a beam of X-rays, gamma rays or electrons directly at the tumor from high-energy X-ray equipment or by placing radioactive particles inside or close to the tumor.

The challenge for radiation therapists is to deliver the maximum hit to the visible tumor as well as to destroy any invisible tumor cells that may be nearby while keeping damage to surrounding tissues at a minimum.

At UCSF, external beam radiation is used most frequently for patients with common cancers.

While Philip Gutin, a neurosurgeon and a member of radiation oncology, does place radioactive seeds in patients with both primary and metastatic brain tumors, most are treated with conventional external radiation. He employs the Gamma Knife, a high tech tool that can direct 201 beams of gamma rays on a target as small as a pea, for patients with inoperable tumors.

Radiation in any form is not flawless. Radiation therapy may cause serious side effects and is not guaranteed to kill all the cancer cells, making recurrence of the tumor possible.

Although not all patients suffer from side effects, one of the most common complaints is feeling fatigued. Other side effects depend upon the body part exposed to treatment. For example, external radiation therapy to the abdomen may cause nausea and vomiting

(See **RADIATION THERAPY** *on page 7)*

Medical Center offers college scholarship

The Medical Center is offering the Jacqueline W. Kuhn Scholarship for the second consecutive year.

The purpose of the $1,000 scholarship is to recognize a dependent of a Medical Center employee who has demonstrated excellence in academic accomplishment as well as service to the community through volunteer work and extracurricular activities.

The scholarship will be awarded to help defray educational and living expenses incurred while the student attends college.

Kuhn, former finance director, was one of 99 people in the Medical Center to accept early retirement in November 1993. At Kuhn's request the retirement fund set up in her honor will sponsor scholarships.

Applicants must be the dependent of a staff member who has been employed by the Medical Center for at least three years. Applicants also must have been accepted to, or be enrolled at, a campus of the University of California or a California State University. Applicants must have at least half-time student status.

The awardee will be selected by a panel of Medical Center staff.

Last year, Rhea Laughlin, 21, a senior at UC Santa Cruz, became the first recipient of the scholarship. Laughlin is the daughter of clinical social worker Judith Laughlin.

Nominations must be returned to the Jacqueline W. Kuhn Scholarship Fund Committee, c/o Kathy Balestreri, Box 0296 no later than Monday, May 15.

To get an application, contact Joan Guerra at 476-2330.

Planting for the future

A Healing Garden for body and spirit

By LISA CISNEROS

Supported with a grant for preliminary work, the UCSF/Mount Zion Healing Garden now needs volunteer gardeners to begin planting for the future.

Artist Ann Chamberlain, who was diagnosed and treated for breast cancer at UCSF/Mount Zion, is organizing the effort to create a place of comfort for patients and visitors in the courtyard area of the UCSF Cancer Center at 2356 Sutter St.

"Living in an urban environment, our relation to nature is fleeting or symbolic: parks and plants are images we seek for relief rather than a process with which we have a felt connection," says Chamberlain. "The process of illness has made me keenly aware of natural systems and their capacity to aid those who are afflicted."

Recently the Healing Garden was awarded a $33,985 grant from the Creative Work Fund, a funding initiative administered by the Walter and Elise Haas Fund to support creative partnerships between artists and community organizations. That money has been earmarked for planning, research and design, says project manager Cheryl Gelder-Kogan.

The Healing Garden is expected to be completed for a dedication ceremony in the spring of 1996.

Chamberlain is looking for volunteers to begin planting at the site on the second and

fourth Saturdays of the month through June from 1 to 4 p.m.

While the permanent planting and construction will take place in the fall, Chamberlain hopes preliminary work this spring will help her get a better sense of the space around the garden and the role staff and

(See **GARDEN** *on page 7)*

Group therapy: a powerful form of treatment

By LISA CISNEROS

While mood swings are part of the "normal" human condition, people who remain depressed or anxious for prolonged periods should consider going to group therapy.

With the addition of two new groups, one for manic depressive clients and another for women, Langley Porter Psychiatric Institute now offers 22 long-term psychotherapy groups for various types of problems and others specifically for gay men and lesbians. Considered a more economic and efficient approach to psychological treatment, demand for group therapy continues to grow.

Over the last eight years, psychotherapist Elaine Lonergan has coordinated the group therapy program originally started at UCSF by psychoanalyst Dennis Farrell. Today, some 130 patients attend group therapy at LPPI.

"Langley Porter is becoming a center of group psychotherapy in the Bay Area for functional adults," says Lonergan, director of the program in the Adult Outpatient Department. "Most of our group members are referred by private practitioners who want their clients to have group therapy as an adjunct to their individual therapy."

The major difference in group therapy is that patients have opportunities to learn about themselves while relating to others, Lonergan explains. Members interact freely, sharing their feelings, ideas and reactions while providing support and feedback.

"It's a very powerful form of treatment," Lonergan says. "It's as effective or more so than individual therapy but it's less protected. It's a harder form of treatment. [Members] have to be gutsy."

Most group members are described either as "mid functioning," meaning they are able to work but have significant interpersonal difficulties, or "high functioning," meaning they are able to work and maintain close friendships.

Usually meeting weekly for 90 minutes, the

(See **GROUP THERAPY** *on page 7)*